

Introduction to the Tan-Tri-Ahu-Ra Teachings

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All source material derived from the teachings of
E-Asha Ashayana Aneayhea Kananda Melchizedek

Part 2: Techniques and Daily Practice

Hello. Welcome to part 2 of the intro to Tan-Tri-Ahu-Ra teachings. Please note that in order to fully understand this document and the context in which exists, it is necessary to read part 1.

A number of techniques to heal mutations within our own biofields have been presented by EAsha and her contacts. A number have been given to the public for free, we will detail these, and the logic behind their use. However, first a brief discussion of the types of beings currently residing on earth will be given.

Types of beings:

I cannot with any great certainty determine where any being originates from. However we may with some precision set out some broad categories of beings whom may be attracted to this work:

Angelic humans- the original indigenous inhabitants of earth, these beings have suffered through multiple catastrophes, and are again finally emerging again into their own abilities, power and history with the new dawn of aurora earth. These beings have not yet completed their adashi return cycles.

Indigos- an indigenous race of guardians stationed on earth in angelic human bodies to assist in planetary stargate management, these beings have not yet completed their adashi return cycles, and best described as beings with more ability to run energy through themselves (or frequency holding capacity) than angelic humans, and more extensive knowledge bases (which however may not be consciously accessible).

Mashaya-hana- these beings have completed one or more adashi return cycles, and have reincarnated into human bodies on various missions. Mashayas (for short) have more frequency holding capability than Indigos, and a more extensive knowledge base than indigos, though indeed they may not have conscious access to it.

Phims- These are beings who have fully completed all three adashi return cycles, and have returned to earth for various missions as well. Phims have the most advanced frequency holding capacity of the groups listed here, but also have the most vulnerability to dark flowering and FatalE manipulation. All While Phims have variable amounts of frequency holding capacity at birth, all phims now have the ability to upgrade their genetic temple to contain the K+8 factor, and with it run the incorruptable sun 8 plasmas through their bodies. This occurs by running the alhumbra journey, given above and below.

Outer domain fallen beings- These beings include the popular staples of conspiracy literature, the annunaki, draconians, greys, necromiton, pleidians, nibiruans, arcturians. and myriad other species who have incarnated themselves into human bodies. Many of these beings have come onto earth, and into these human bodies seeking a way out of their current evolutionary predicament. Others have incarnated in human bodies in order to disrupt the human and earth missions on behalf of their fallen

angelic families of origin. In either case, these beings now have the option of hosting (more on this term later) and healing themselves so that that too may resume their path of evolution into adashi return.

Fallen Mashayas- any being coming into this part of the universe can fall, that is, become estranged from and cut off from God/source. Relatively few mashayas have succumb to this fate however, and this category is, for the most part, theoretical.

Fallen Phims- This includes the equari, and the equari/Uby hybrids specializing in sexual manipulation discussed in part 1 of this document. These beings are capable of running reversed plasmas which can reverse any energy weaker than a sun 8 plasma. They can thus be extremely dangerous to beings not hosting with the sun 8 plasmas. However many of these beings have themselves decided to accept a host, and heal themselves. Many of which are consciously engaged with this work doing so.

It must be stated that within the framework of keylontic science, No one is past healing and No one is unwanted. Any being who sincerely wishes to improve themselves and heal will be welcomed into host, and will be given every opportunity to heal, as well as every protection they are capable of utilizing.

What is a host?

In essence, a host is a step up into a level of energy that a being cannot themselves generate.

Most beings on earth have historically been limited in their frequencies to the energies they could generate or access by other means.

A host is a means by which a being that cannot generate an energy themselves can be enveloped in it, protected by it, and be sufficiently buffered to it that their underdeveloped energy systems will not be overwhelmed by it. This energy then will slowly help a being heal themselves, and realign with their original, non mutated and distorted self.

In essence it is being placed under the protection of an energy greater than what we can consciously get or create ourselves for the purposes of protection and healing. Simply being in the presence of powerful undistorted energies will realign, slowly and gradually, any aspects of our own biofields that have become mutated or distorted. Over time we will also have our ability to run and absorb these hosting energies progressively increased by contact with them.

Who am I? Where Do I go from here? How do I get the host?

Those of you who have just read the above pages may be wondering which type of being you are, and how that may affect the steps you need to take on your path forward.

Suffice to say, the path forwards for every one of the beings listed above is the same. Accepting the host, and gradually working on running more krystic energy and self healing.

Accepting the host is simple. A simple desire to do so is enough. Ones connection to the host can be strengthened and made more secure by running a number of techniques, as well as the alhumbrha journey. Again note that **the alhumbrha journey is a MANDATORY prerequisite to all the**

techniques listed below. It is a journey to the centre of the local superuniverse to secure a personal connection to the Sun 8 plasmas. Even beings who are not phims can receive this connection and the protections it implies from this journey.

I will again list the alhumbrha journey website and a list of vocabulary for those who will choose to do the journey. Don't worry if you cannot follow everything that is occurring. Again a simple desire to participate in the activations given in that journey will enable you to pick up what you need. This journey needs only to be done once to be successful.

In order to do this journey, it is best to imagine oneself present in the auditorium when the original recording was done, in august 2012. This will connect you to that timeframe, and enable you to connect to the energies present during that time. The journey is available for free at the following website:
<http://al-hum-bhra.com/Aug2012/>

Plasma- a specific form of energy

Plasma body- similar to an astral body, it is an aspect of human energetic anatomy composed of plasma . Picture it as a white-translucent outline of your physical body, which will develop angel wings during the course of the journey

Krystar- the inner core of our local superuniverse (Cosminyah). Just visualize it as someplace far above your head.

Cosminyah- a local superuniverse, or collection of several universes.

Wing spot- a place on your back, below where the neck attaches to the chest (about T 2-4 for the anatomically inclined)

Aurora shield- An aspect of the shield of solomon, or the energy field holding the planet steady. Picture it as a large disc just below the centre of the planet.

Central vertical column- a line at the centre of the body which contains an energetic channel that the chakras run on.

Mission sphere- an aspect of your energy body. Picture a sphere the size of a planet or so, filled with tiny twinkling crystals that run plasma.

P-lotus- a lotus is an advanced stage of chakra development, the p lotus is a lotus (chakra opening) that points downward from the perineum

Alhumbrha- group of beings educating us in these teachings

Tan-Tri-____ - any one of several subdivisions of the alhumbrha

Cruxansatea (crux-an-say- tah)- an advanced form of merkaba.

Eckasha- teardrop shaped

Hyrdolase- a special form of water

Blood crystal sac- inside of the centre part of the solar plexus. Like a little sac containing structures called blood crystals

Patra- a form of energetically connecting to another being with hand contact

Technique schedule format:

This paper will endeavour to produce a workable and understandable format in chart form to work through the various free techniques. The basic outline of the chart will be thus:

Week	Techniques
This column will display a time period in which the technique schedule opposite is recommended. Try not to go faster, but one may go slower as needed.	Daily: These techniques are to be done daily. ___ times per week- techniques to be done multiple times per week, but not daily One time: Techniques only needing to be done once Discontinued: Techniques from previous weeks which are no longer necessary. Optional: techniques not absolutely necessary, but recommended

It should be noted here that it is strongly recommended for the individual to slow down if any negative effects are experienced from this sequence of techniques. Faster is NOT better in this case, and there is no race for time with earths recent regaining of ascension planet status. The only thing you are competing with is your ideas of how fast you should accrete these energies. Let go of that, and you should have a much easier time going at a pace your body and biofields can tolerate.

The basic run of free techniques is found on the azuritepress website:

www.azuritepress.com/techniques/new_technique_outline.php

Week	Techniques
Week 1	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Maharic seal (twice per day, morning and night) Once: Alhumbrha Journey (Aug 2012) Emerald and Amethyst awakening Cue Zone activation At least once: Eckasha God seed induction Optional: Astral body seal

The run of these basic techniques can be found at:

<http://www.azuritepress.com/techniques/essentials.php>

Alhumbrha journey:

<http://al-hum-bhra.com/Aug2012/>

Krystal River Prayer:

http://www.azuritepress.com/techniques/krystal_river_prayer_and_invocat.php

Psonn of Aurora:

http://www.azuritepress.com/techniques/psonn_of_aurora.php

Maharic seal:

<http://www.azuritepress.com/techniques/Maharic.php>

Emerald and Amethyst Awakening:

http://www.azuritepress.com/techniques/emerald_amethyst_awakening.php

Cue Zone:

http://www.azuritepress.com/techniques/cue_zone.php

Eckasha God Seed Induction:

http://www.azuritepress.com/techniques/eckasha_activation.php

Astral Body Seal:

http://www.azuritepress.com/techniques/astral_body_seal.php

Alhumbrha Journey quick version:

This technique is mentioned by EAsha at the end of the alhumbrha journey. It serves as a way to reconnect with the krystar and its protection and a way to reconnect with the sun 8 plasmas. I will describe it here for those who didn't catch it during the journey.

1. Place Your hands into the prayer position in front of your heart.
2. Inhale from your mission sphere (big planet sized sphere around you full of twinkling crystals) into your wing spot.
3. Exhale from your wing spot into your hands (in prayer position).
4. See the symbol you received in your left palm during the journey expand out around both palms to form something that look like "symbol mittens" around your hands.
5. See yourself back inside your personal eckasha (teardrop) shaped area inside the central krystar. Feel the Sun 8 plasmas surrounding you. You may from this space request protection, or express gratitude, or rest.

Krystal River prayer and Psonn of Aurora:

The first recommended technique which will be done daily throughout this process is the Krystal river prayer followed by the psonn of aurora. The prayer was given an addition by EAsha in June 2012. It was intructed to the prayer sayer to insert **"In the krystic name and action of the alhumbrha magistracy, councils of cosminyahas and god source first-eternal"** somewhere into the prayer to provide and additonal level of plasma protection. I will leave it upto the reader to decide where to insert the new line. The prayer and psonn are given at the following links , and are reproduced in thier entirety below: http://www.azuritepress.com/techniques/krystal_river_prayer_and_invocat.php
http://www.azuritepress.com/techniques/psonn_of_aurora.php

For free Mp3s of the pronounciation of these words, and the tune of the psonn of aurora (all freely available from the yahoo egrouop until recently), please do consult with the admins of the ASSAFM-Tan-Tri Ahu-Ra forum.

The krystal river prayer serves as a long invocation of the various beings working within the krystal river host. It serves to bring in those frequencies and anchor them into the energetic and physical bodies as well as anything you choose to (the place, thing or circumstance in part 2 of the prayer). If you do the krystal river prayer for another being, or a location, adding the alhumbrha line and its resulting protection is essential.

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he psonn of aurora serves to connect us with a number of things to numerous to discuss here. It does however most notably strengthen our connection to aurora earth.

Maharic seal:

The maharic seal is a pillar of 12th dimensional frequency. Each dimension has 12 components, called subharmonics. The dimensions are often abbreviated as D-___. Dimension 1 is D-1, dimension 2 is D-2 and so forth. Each subharmonic is connected to the dimension of the same number, and requires it to fully activate. That is, unless a being is running 12 dimensional current at minimum, none of the dimensional currents will be able to activate fully, with 12 subharmonics. The pale silver is composed of D-12 white and D-11 dark silver frequency.

A word should perhaps be spent here on the correspondences between dimensions, chakras and other aspects of the human body. In the kathara system, each dimension is equivalent to a color, given below

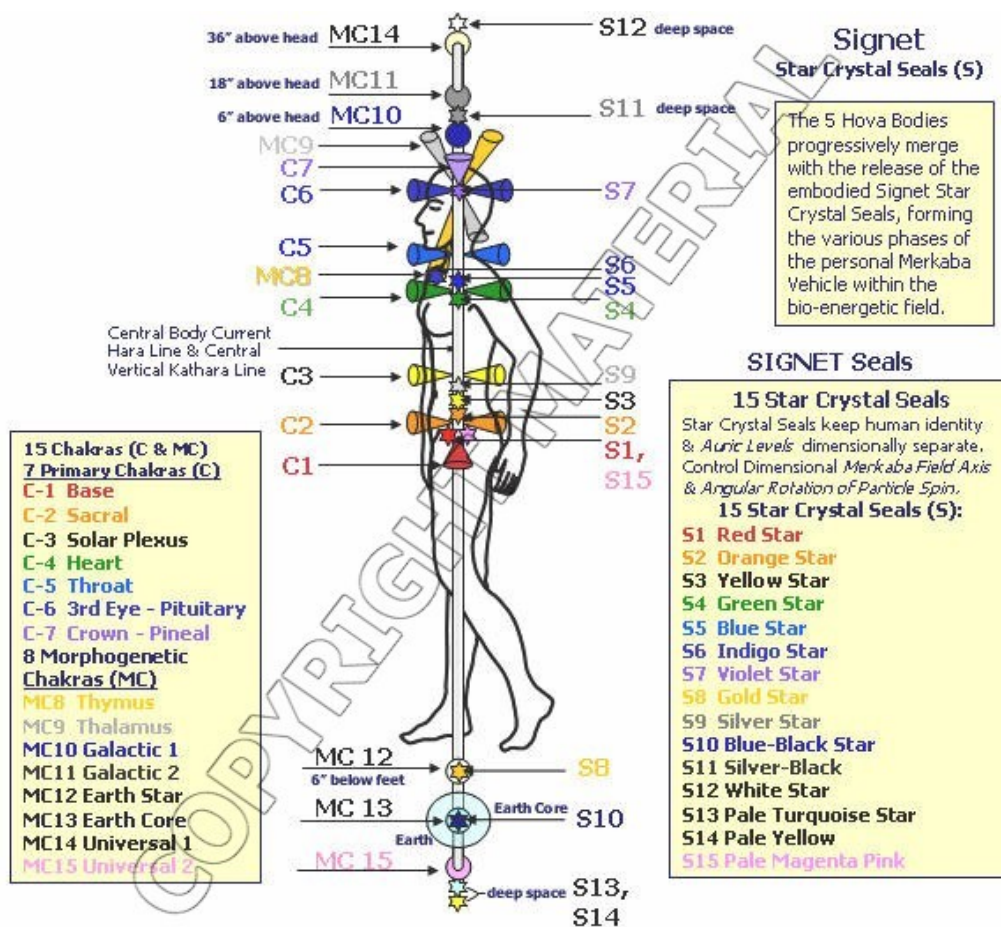
in an extract from the keylontic science dictionary¹.

Red	D-1	Proton Units	1-base
Orange	D-2	Electron Units	2-sacral
Yellow	D-3	Neutron Units	3-solar Plexus
Green	D-4	Mion Units	4-heart
Blue	D-5	Dion Units	5-throat
Indigo	D-6	Ionon Units	6-third Eye - Pituitary
Violet	D-7	Eiron Units	7-crown - Pineal
Gold	D-8	Ectron Units	Thymus - MC8
Silver	D-9	Raeons Units	Thalamus - MC9
Blue-black	D-10	Meajhon Units	Galactic 1 - MC10, (6" above head)
Silver-black	D-11	Trion Units	Galactic 2 - MC11, (18" above head)
White	D-12	Reion Units	Earth Star - MC12, (6" below feet)
Turquoise	D-13	Reion/Trion (Blue Flame)	Earth Core - MC13
Pale Yellow	D-14	Trion/Trion (Gold Flame)	Universal 1 - MC14, (36" above head)
Magenta Pink	D-15	Meajhon/Trion (Violet Flame)	Universal 2 - MC15 (beneath Earth)

Chakras are small double sided cones that draw in energy from a particular set of frequencies that they are attuned too. Seed crystal seals are small crystals at the central point of the two cones of a chakra. They serve a function of keeping dimensional fields separate until certain processes are fulfilled that make dimensional blending possible. The chakra system is displayed below²:

¹<http://www.keylonticdictionary.org/online/member/index.php?page=chakra>

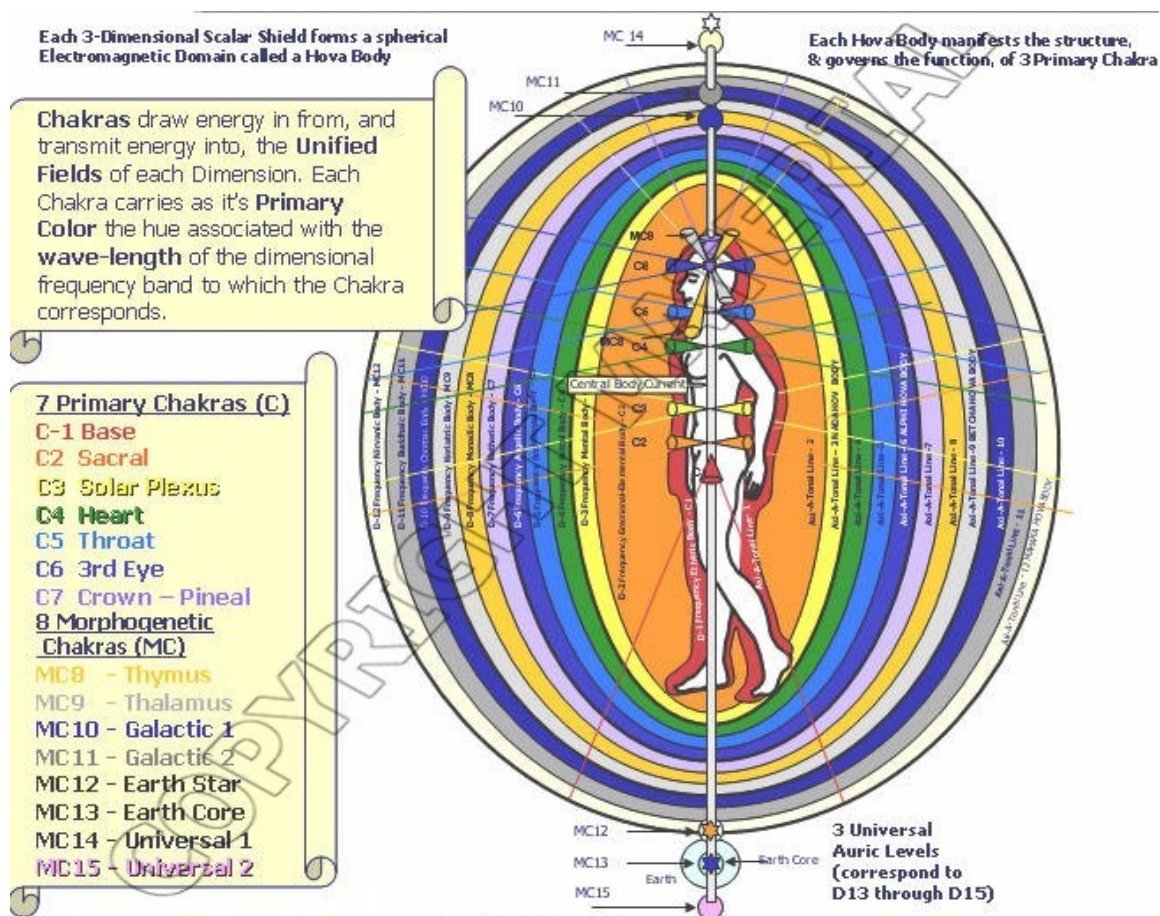
² <http://www.keylonticdictionary.org/online/imagesword/bigpage/15Chackras.html>



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Each dimensional frequency is connected to one chakra (sharing the same number), one layer of the auric field (sharing the same number as well, shown in the following diagram², taken from the online keylontic dictionary), one dna strand (again same number) and one seed crystal seal. These are displayed below³:

³<http://www.keylonticdictionary.org/online/imagesword/bigpage/AuricLevels.html>



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Each dimension is part of a group of 3, which together are referred to as a density. On a universal level, each density is referred to as a harmonic universe. Each harmonic universe has its own planets, stars and civilizations.

Dimensions	Density, or Harmonic Universe
1,2,3	1
4,5,6	2
7,8,9	3
10,11,12	4
13,14,15	5

Dimensions 1-9 are collectively referred to as the antahkarana, or the kundalini currents. Dimensions 10-12 are called the maharata, and dimensions 13-15 are referred to as the Kee-Ra-ShA (Kee rah shay). Dimensions 13-15 are also referred to as the primal light fields. Beyond them, existing in a non dimensionalised form are three primal sound fields. They are referred to as the Triadic, Polarc and Eckatic fields.

Emerald and Amethyst Awakening:

This techniques uses maharic current to activate and awaken both the antahkarana (dimensions 1-9), the Kee-Ra-ShA (dimensions 13-15), and the primal sound fields in your biofields. It is foundational to all following techniques.

Cue Zone:

The cue zone is a technique to code a specific location to 12 dimensional frequency. It is highly recommended to code your place of meditation this way, as well as your sleeping area (optimally ones entire house and property could be coded this way) . This protection can be enhanced by saying a krystal river prayer with an intent to protect the area in the intention section of the second part. The technique is a bit confusing, so I will give a brief rundown here.

1. Begin by running up a maharic seal. Then sing the tribe one and tribe twelve songs and consciously intend for them to go into the location you have chosen . Phonetically they are:

Ar Rai a ZOOr tah Rah Eye Soo Too Eee Shoe URR

2. Do this until you feel a sense of completeness. Then tone your three chosen tribe names again directing the tones into the location you have chosen.
3. Then wait for a backflow from the earth grids, as directed.
4. Again chant the 3 chosen tribe names, directing them into your location and wait.

One can close with a moment of gratitude, or a set of merkaba spins (discussed in a separate document).

Eckasha God Seed Induction:

This technique brings in the coding and energy of the eckasha code into ones biofields. The eckasha code is discussed below in the high veca code section. More info can be found at <http://www.keylonticdictionary.org/online/member/index.php?page=eckasha>

Astral body seal:

The astral body is also known as dimension 4, and is an area particularly prone to manipulation. This technique establishes a buffer of frequency to repel a great deal of this manipulation.

Week	Techniques
Week 2	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Maharic seal (twice per day, morning and night) High Veca code induction Once: High Veca code body induction (after 7 days of high veca induction) Iahaia code induction Lahaia and Urimanu code inductions

The techniques are given below:

High Veca Codes:

http://www.azuritepress.com/techniques/trion_meajhe_field_link.php

Iahaia Code:

http://www.azuritepress.com/techniques/iahaia_code.php

Lehaia and UrimanU codes:

http://www.azuritepress.com/techniques/lehaia_and_urimanu_codes.php

Inductions:

One word mentioned several times is the word induction. All codes used in this work connect into a frequency or an energy. Inducing a code means basically to bring that code, and the energy it connects to, into your biofields. This is done in a number of ways, but in the most basic way, it is accomplished by staring at a code, softening the gaze and inhaling the code into the centre of your head. One can also inhale a code, and on the exhale chant the tones associated with the code (if any). If the induction procedure is described differently in any particular technique, that procedure takes priority over this one.

High vecas:

The High vecas are a series of codes that connect to the following energies:

Code	Code Energy
Biveca	Maharata (D10-12)
Triveca	Kee Ra ShA (D13-15)
Khu veca	Triadic primal Sound field
Dha Veca	Polaric Primal Sound field
Rha Veca	Eckatic Primal Sound field
Eckasha	Connection to God source

Inducing these codes will improve ones connection to these energies.

Iahaia, Lehaia and Urimmanu codes:

Use of these codes opens up the body to further energies and dissolves seals preventing the movement of energy. There are more fully described in the keylontic dictionary:

<http://www.keylonticdictionary.org/online/member/index.php?page=lehaia>

<http://www.keylonticdictionary.org/online/member/index.php?page=iahaia>

<http://www.keylonticdictionary.org/online/member/index.php?page=ur-immanu>

Week	Techniques
Week 3	Daily: Alhumbrha journey quick version (twice per day, morning and night)

	Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraesa buffer (insta buffer)- in morning Eckasha quick seal (evening) Activating the lotus seed Once: Amoraesa buffer long version (Ideally done on first day of week 3) Begin working through Flame body sequence 2-7 (must be done in order) Azurite waters journey Optional: Le-Teu-A Lens Discontinue: High veca code induction, Maharic seal.
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The flame body techniques are shown here:

http://www.azuritepress.com/techniques/flame_body_techniques.php

Amoraesa buffer (long and insta buffer):

http://www.azuritepress.com/techniques/technique_8.php

Eckasha quick seal:

http://www.azuritepress.com/techniques/technique_1.php

Activating the lotus seed:

http://www.azuritepress.com/techniques/lotus_bud_breath_technique.php

Azurite waters Journey:

http://www.azuritepress.com/azurite_waters_journey.php

Le-Teu-A Lens:

http://www.azuritepress.com/techniques/post_hetharo_technique_4.php

Flame body techniques 2-7:

http://www.azuritepress.com/techniques/technique_2.php

http://www.azuritepress.com/techniques/technique_3.php

http://www.azuritepress.com/techniques/technique_4.php

http://www.azuritepress.com/techniques/technique_5.php

http://www.azuritepress.com/techniques/technique_6.php

http://www.azuritepress.com/techniques/technique_7.php

Vocabulary:

Some new vocabulary is presented with these techniques.

ManA (man AAAAA (as in day))- This refers to something being more electrical, or transmitting in orientation.

EirA (ear AAA)-This refers to something being more magnetic, or receiving in orientation

ManU (Man ooooo) - refers to something that is both EirA and ManA, that sits in the still point before ManA and EirA polarized out into separate functions.

These three qualities describe the primal source currents emerging from God Source. ManU is the original unified source field. ManA and EirA emerge from the ManU Field as polarized fields. More info can be found at: <http://www.keylonticdictionary.org/online/member/index.php?page=manu>

Flame body:

Flame body is an aspect of our auric field and light bodies. Flame body is the result of dissolving the barriers that exist between the different densities of our own auric field. In the process of doing this, our auric field takes on an eckasha (or flame/teardrop) shaped, with the top point encompassing our higher density bodies. Flame body techniques 2 and 3 activate the flame body in the density 1 body. Techniques 4,5,6,7 activate it on the density 2 level, and technique 8 activates flame body on density 3 and 4. This is displayed in a diagram towards the end of the project camelot video, part 2 beginning at 2:13:30.

The first diagram at 2:13:30 displays the birth configuration of the light body fields. The second diagram at 2:13:48 shows the level of activation which occurs after running techniques 2 and 3. The third diagram at 2:14:07 shows the activations after techniques 4,5,6, and 7.

Note: The alhumrbha Journey MUST be done BEFORE the flame body techniques are commenced. Doing the flame body techniques will result in further expediting of the dark flower awakening without the protection of sun 8 plasma. With sun 8 plasma, the techniques are wonderfully beneficial, and will not harm you.

Eckasha Quick Seal:

This technique is an expanded version of the maharic seal which runs dimensional 12 energies along with more of the dimension,13-15 KeeRaShA frequencies.

Activating the lotus seed:

The spin speed and orientation of our merkaba is controlled via a series of energy flows called lotus flows (more on merkabas later). This technique is the start of a series of techniques that will reregulate these merkaba spins (called the ManA, EirA and ManU lotus bud techniques).

Azurite waters journey:

This journey, like the alhumbrha journey given above, brings access to a certain type of energies to the person who undertakes it. This journey brings access to the healing energies of the Zephar-Duun temple at Newgrange, Ireland at the time the journey was done in 2003.

Le-Teu-A Lens technique:

The Le-Teu-A lens is an aspect of our energetic anatomy located within our pineal gland which is involved in manifestation. This is one of the earlier manifestation techniques given in this work. It can be used as desired.

Week	Techniques
Week 4	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night)</p> <p>Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3)</p> <p>Amoraea buffer (insta buffer)</p> <p>Activating the lotus seed- move to twice daily</p> <p>Daily singing/speaking of psonns/ltrs: Flame body techniques 9, 10, 11, 12B</p> <p>Once: Amoraea buffer long version- ideally on day 1 of week 4</p> <p>Finish working through Flame body sequence 2-7</p> <p>Shadow Body Healing: Flame body techniques 13 and 14</p> <p>Optional: Le-Teu-A Lens</p> <p>Discontinue: Eckasha quick seal</p>

LTRs and Psonns:

http://www.azuritepress.com/techniques/technique_9.php

http://www.azuritepress.com/techniques/technique_10.php

http://www.azuritepress.com/techniques/technique_11.php

http://www.azuritepress.com/techniques/technique_12_b.php

Shadow body Healing:

http://www.azuritepress.com/techniques/technique_13.php

http://www.azuritepress.com/techniques/technique_14.php

LTRs and psonns:

LTRs (linguistic template reprogramming grids) and psonns are sequences of words and sounds that connect to certain energies. Singing these psonns, or saying these ltr grids connects you to these energies. The energies and meanings of these psonns and ltr grids are displayed below. Note that all psonns that connect to fallen places do not open one upto fallen energies. These psonns have been buffered by the beloveds, and still do activate ones personal biology in a krystic and beneficial way.

Psonn/LTR	Meaning and Purpose
Psonn of Lyra	Brings in a burst of D-12 energy, and temporarily activates a maharic seal. Also connects us to our density 4 self.
Psonn of Khemalohatea	Connects to the inner ecka gates (these have now fallen), also connects us to aurora earth. This psonn was sung at the dec 21 2012 gridwork session.
I am Free LTR	Helps us to free ourselves from shadow dancer ties (discussed later) and helps strengthen our connection to god/source
Shadow Healing LTR	Helps us to free ourselves from shadow dancer ties and helps strengthen our connection to god/source
I am the Sacred Sun	Brings in a burst of D 13-15 and connects us to our density 5 self

My own personal technique for accreting these frequencies is to take one psonn or ltr and repeat it twice daily for 3 weeks, then to say it 12 times in a row afterwards one time. This has no basis in EAshas work, and is a personal technique. It can be done, or skipped. This technique can also be applied for all following psonns and LTRs.

Shadow Body healing:

The shadow body is a part of our own light body which has been twisted off and kept in a limbo state for beings from a falling galaxy to suck energy from. These beings are called shadow dancers, or Wesedeks. They feed on your shadow body directly, and they feed on you directly from cords that attach to your chakras. Preforming these techniques will sever the connection to the shadow dancer/Wesedek, and will slowly reintegrate your shadow body into the protection of your newly improved biofields. At this point, your fields are in fact extremely safe, and are fully capable of absorbing the impact of your partially reversed shadow body with no detriment to yourself. Indeed saving this part of yourself and reintergrating it is extrememly beneficial.

Week	Techniques
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Week 5	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) ManA lotus breath- twice daily</p> <p>Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Flame body code inductions: 12A, 16, 17, 20 Flame body technique-15- amoraea contact platform Flame body technique withness quiz Flame Body technique 19- opening ecka contact lines Flame body self reflection technique 18- Betcha Hova scan</p> <p>Discontinue: Activating the lotus bud (now contained within ManA lotus breath)</p>
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ManA Lotus breaths:

http://www.azuritepress.com/techniques/lotus_bud_breath_technique.php

Flame body code inductions (in order):

http://www.azuritepress.com/techniques/technique_12.php

http://www.azuritepress.com/techniques/technique_16.php

http://www.azuritepress.com/techniques/technique_17.php

http://www.azuritepress.com/techniques/technique_20.php

Contact techniques:

http://www.azuritepress.com/techniques/technique_15.php

http://www.azuritepress.com/techniques/withness_quiz.php

http://www.azuritepress.com/techniques/technique_19.php

Betcha hova Scan-

http://www.azuritepress.com/techniques/technique_18.php

ManA Lotus breaths:

This technique serves to align the electrical aspects of our merkaba fields.

Flame body Code inductions:

These techniques serve to dissolve further locks in the light body and to bring in the energies from a series of activations preformed in 2002 on the planet. The purposes of each technique are explained in the web pages. They must be done in the order given.

Contact Techniques:

These techniques are the beginning of safe protected personal contacts with the guardian races. They are stated to be used with the Eiyani, but they can be used with any krystic being, or group. It is highly recommended to use them to contact the alhumbrha. The withness quiz is necessary to be preformed before technique 19, in order to determine the primary contact ray used in that technique.

Betcha hova scan:

This technique is a scan to assess information about ones past life history, and ones level of dna template damage and activation. This information does change with the techniques one does, so it is very good to repeat it infrequently and keep track of progress.

Week	Techniques
Week 6	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) EirA lotus breath (do ManA immediately before) Golden fleece LTR Grid</p> <p>Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Arc of the covenant code inductions Heliotography code inductions</p> <p>Discontinue: ManA lotus breaths- now included before EirA lotus breaths</p>

EirA lotus breaths:

http://www.azuritepress.com/techniques/lotus_stage2.php

Golden Fleece LTR Grid:

http://www.azuritepress.com/techniques/hetharo_technique_5.php

Arc of the covenant Code Inductions:

http://www.azuritepress.com/techniques/arc_of_the_covenant.php

Heliotography Code inductions:

http://www.azuritepress.com/techniques/arc_codes_2.php

EirA Breaths:

These breathes activate both the upper electrical and lower magnetic aspects of the merkaba.

Golden Fleece LTR Grid:

This LTR brings in the frequency of a special proective field called the golden fleece field. It serves to further protect the individual using it, and to make them less visible to fallen angelics. More info on the field is found here: <http://www.keylonticdictionary.org/online/member/index.php?page=golden-fleece>

Arc of the Covenant Code Inductions:

Inducing these codes allows the body to bring in the frequencies of the arc of the covenant gate sets, and begins to reset the organic yan-yun butterfly electromagnetic flows into the aura (Note this is further expedited by sliders 10, and the January 3-4 2012 free journey).

Heliotography codes:

A further expansion of the arc of the covenant codes, which increase ones abilities at local projection travel, as well as strengthen ones connection to the arc of the covenant frequencies.

Week	Techniques
Week 7	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) ManU lotus breath (do ManA and EirA immediately before)</p> <p>Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Anchoring the Mahadrha Adhrana (must be done in order) Induction of the Mahadrha code Part A Part B Part C Part D Part E</p> <p>Discontinue: EirA lotus breaths- now included before ManU lotus breaths</p>

ManU Lotus Breaths:

http://www.azuritepress.com/techniques/lotus_manu3.php

The full set of Mahadrha techniques is given here:

http://www.azuritepress.com/techniques/anchoring_the_mahadra_adhrana.php

The individual techniques are listed here, in order:

http://www.azuritepress.com/techniques/mahadra_adhrana.php

http://www.azuritepress.com/techniques/hethalon_part_a.php

http://www.azuritepress.com/techniques/hethalon_part_b.php

http://www.azuritepress.com/techniques/hethalon_part_c.php

http://www.azuritepress.com/techniques/hethalon_part_d.php

http://www.azuritepress.com/techniques/hethalon_part_e.php

Manu Lotus breaths:

These breathes serve to realign the ManU aspect, or the non gendered unified aspect of or merkaba fields.

The Mahadra Adrhana techniques set:

This set of techniques involve working the the mahadrha adrhana code to activate the reshaic eye (the eyes of ones density 5 self, capable of expanded etheric vision) and to remove a number of implant systems that were implanted in the human species, and which we all took on by incarnating into human bodies. This codes contains all of the veca codes, and uses the arc of the covenant frequencies. Use of the color version is recommended: <http://www.keylonticdictionary.org/online/member/index.php?page=mahadra-adhrana>

Week	Techniques
Week 8	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) ManU lotus breath- twice daily (do ManA and EirA immediately before) Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Activating the Universal Christiac Vision Seed Ecka Master key code coloring and inductions Discontinue: EirA lotus breaths- now included before ManU lotus breaths

Activating the Universal Christiac Vision Seed:

http://www.azuritepress.com/techniques/blood_crystals.php

Ecka Master key code coloring and inductions:

http://www.azuritepress.com/techniques/pairing_master_key_codes.php

Activating the Universal Christiac Vision Seed:

This technique uses heliotalic light and two codes to begin the process of freeing us from the astrological imprint we acquired by birthing into this planet. This imprint is unnatural, and is a side effect of the grid damage done to the planet.

Ecka Master key code coloring and inductions:

This technique begins to heal an aspect of our light bodies called the Moda Adhura complex. Coloring the codes is an advanced form of induction, and serves to bring their encryption much more strongly into the biofields. More on the Moda Adhura here:

<http://www.keylonticdictionary.org/online/member/index.php?page=moda-adhura>

Week	Techniques
Week 9	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Tauren activation part 1 Tauren activation part 2 Discontinue: ManU lotus breaths

The tauren activations are available from the files section of the old yahoo egrouop located at:

<http://groups.yahoo.com/group/KeylonticScience/>. If you do not have access to this group, or do not want to join this group due to the political orientation of the group, the file can be emailed to you from any of the admins of the AASSFM-Tan-Tri-Ahu-Ra Facebook group. Please do email one of us to receive them.

Tauren activations:

The tauren is an aspect of the energetic body called the rasha body (more on this later). It acts as an energy generator for the rasha body, and serves to connect the physical, light, and rasha bodies. More

info on the tauren is presented in the file “Tauren Activations Briefing” (again, available from the admins if you’re not a member of the yahoo group) . Completing this activation rests the tauren, and gives the person doing these activations access to a very powerful manifestation technique (my personal favourite manifestation technique). The tones from the later part of part one can also be used as an LTR to activate the rasha body (described below).

Week	Techniques
Week 10	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily) Once: Jan 3 2012 Journey Discontinue: Amoraesa buffer

January 3 2012 Journey:

<https://www.dropbox.com/s/377gp5zur3vgcg8/Journey%20to%20ArhAyas%20Island%20-%201-3-13.mp3>

This Journey is the first journey taken to the area of island 6- ArhAyas Island, which is holding the current host field on earth steady. It enables the journeyer to access more full sun 8 plasmas, and use the healing pools present on ArhAyas island. This journey also presents the journeyer with a Tan-Tri-A’Ra companions, or an alhumbrha companion specializing in self healing. They can be communicated with using the flame body communication techniques, or by journeying on ones own to ArhAyas island.

Mashayahana Adult Baptism:

This technique is available below⁴, and formerly from the files section of the ks yahoo group. This is an LTR grid that is repeated to oneself or over another being, object or location one has guardianship over, such as a small child, piece of land, or oneself. It establishes a protectorate of the Mashayahana master councils of Aquarion over that being, object, location. If done for oneself it also beings entry to the Mashayahana priest caste of Aquarion (if so desired). Admission to this organization brings a certain level of training and protection, that will most likely occur an a non-conscious level. This technique also establishes a satilite Arc of the covenant Gate in the location of biofields of the thing the baptism is done for. It must first be preceded by a krystal river prayer for that being, piece of land etc. Which should be said immediately before the baptism is done. In light of the recent dark flowering issues, when saying a krystal river prayer or mashayahana baptism for another being, it is essential to bring in the protection of the alhumbrha magistracy to protect ourselves, and others from our own possible dark flowering. I also include a mention of the alhumbrha in the baptism technique, directly after invoking the mashaya hana master councils.

4 A & A Deane. Mashayanahana Baptismal rite. Online document accessed April 2012 from <http://groups.yahoo.com/group/KeylonticScience/files/> Copyright 2012.

Completion of the Adult Mashaya-Hanic Baptismal Rite & Procedure to Create Local Amoraesa Krystar Krystal Temples

Mashaya-Hana Master Council Master LTR Grid:

By the LOVE of Eternal Kryst I AM
By the TRUTH of Eternal Kryst I STAND
By the POWER of Eternal Kryst I FLY
By the WAY of Eternal Kryst GO I!

The above LTR – Master Grid is an English Translation (anchoring encryption) of Monadic Passage (EtorA) “Gate Key” for the Amoraesa Krystar Krystal Temple Network...

To activate a “satellite” Amoraesa Krystar Krystal Temple – and – “Arc of the Covenant Access Cord” in your personal space, home, or that of a child or parent or relative under your guardianship, run the Krystal River Prayer sanctification, then the LTR-Grid above, followed by this, “Intention Command” of Mashaya-Hanic Master Council Baptism:

By the GRACE of Eternal Kryst, I now SANCTIFY and RENEW this Place (or Body), and DECREE this Area (or “Being”) as under the DIVINE PROTECTORATE of the Mashaya-Hana Master Council of Aquaereion, in the Name of the Krystal River Host and the Eternal God-Source of 1st Eternal Life Creation...

Ta A-jha Inta Do-RA (x3)

There was a recent update of this Baptism done in Peru 2012 and december 2012. When it is released publicly, we will post it in this group or alternately give an updated version of this technique.

Week	Technique
Week 11	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily) Floating Buddhas Rite The Staah-LEi-yas technique (after floating buddhas)

The Floating Buddhas rite:

The Floating Buddhas rite is a technique designed to bring in a team of adashi adepts (or mashayahanas) who have accepted a comission to assit you in terms of energetic and spiritual training,

and in terms of assisting in day to day life. These beings will assist you in healing, gridwork, projection, and any other aspects of your life and spiritual training.

The beings travel via orbs. When a being has reached a certain level of energetic activation, it can transform an aspect of itself into a ball of light, and then travel through the local stargate systems within that ball. This ball is called an orb. When sufficiently advanced (as these buddhas are), a being may take its physical body and higher bodies with it too. You yourself by this point are capable of orbing. When you project to a location (for instance in the august or January journeys) you are orbing a part of your consciousness to the locations visited. The beings species, origin, calling tones (explained below) and specialties are given in the chart below along with the Ah-Jhu-na⁵ (discussed below)⁶:

Species	Call	Origin	Specialties
Bhendi Aquari	Za'-Ta (zah-tah)	Urtha-M31	Technical training (grid and ascension mechanics) specialists and teachers. 4 genders. Take form of aquatic blue hominids, winged lions, white humanid genies, and others. Orb color varies.
Aquaferion	A'-Tu (aaa two)	Urtha-M31	Greeters (introductions, and general companionship). 4 genders. Refined Human form (many skin colors and races). 8-18 ft tall, average 12. Orb color varies.
A'quA-elle (ah qway ell)	KEi'-sa (key sa)	Shala-3- AquAelle	Healers and resurrection-healing specialists. J-12 family of origin. Look like pale metallic sparkle iridescent light beings. No gender. Look like glittery orbs when orbing.
A'quai (ah qwee)	Ah'-RA (Ah Ray)	AshalA- Milky way	Healers and Bodily healing specialists. Radiant Giants: from 72 to 216 feet tall, average is height of a 16 story building (144 ft). Have lovely pale white skin that changes color with mood. Normal is radiant white. 4 genders. Orb Color varies
ZionA (zion aaa)	KA'-Vo (Kay Voh)	Median Earth-Milky Way	Attendants. Help with companionship and day to day activities. Tutors and general healers. This group looks like mermaids and mermen. They start as gel eggs, then hatch as small gossamer fish (no scales or slime at all), at puberty can transition to a 6-18 ft tall humanid, or remain as a merperson. Indigo violet orbs.
AquafarE (aqua fairy)	SE-A'-Ta (see aa tah)	Median Earth-Milky Way	Helpers and Playmates. Aquiferion/human hybrids. Many forms. 3-8 ft tall on median earth, but look 3-12 inches tall on our earth. Light green gold orbs.
Ah-Jhu-na E-DO'-ni Ma-Sha-Ya (ah-jew-na ee doh nai ma sha ya)	N/A	Middle domain or Edonic Earth	Known as the Gifting Wizards. Elemental command councils of adashi adepts dwelling on edonic earth. They will often assist with personal training, education and various personal training and education.

5 EAsha Ashayana Deane. **Doorways Through Time & the Drums of Aquafereion "Circle of Life" Drum Circle Celebration.** April 2009. Azurite Press: Sarasota Florida. http://www.azuritepress.com/products_us/dtda.php

6 EAsha Ashayana Deane. FOL 2009: Brave New World and the Floating Buddhas. 2009. Azurite Press: Sarasota FL. http://www.azuritepress.com/products_us/fol_2009.php

The following two techniques are reproduced below. These techniques were released as part of the upgraded edonic wedding rites on the ks yahoo group in 2009⁷.

Note: **Krystar Breaths** are simply very rapid activations of the krystar merkaba fields. In Peru 2012 EAsha gave a new technique for using them. It is given below:

1. Inhale upwards the the krystar while saying or thinking Krystar
2. Exhale down to your body while saying “now”
3. Repeat 3 times

Please also note that the **Karanadis seal** is located in the centre of the body, in the area where the two halves of the rib cage come together, beneath the xiphoid process.

The Floating Buddhas Rite

Calling Your Sha-DA' Cloister for Formal “Sha-DA' Buddha Shield” Elemental Command

The “**Sha-DA' Buddha Shield**” is a mathematical geomantic shield platform that is used to amplify the protection, power and range of Krystic inter-dimensional and elemental frequencies available for use within “intentioned endeavors” in healing, projecting, meditating, manifesting and Grid Work. The Sha-DA' Buddha Shield can be achieved *individually*, once you have anchored your 6-member *Sha-DA' Cloister* through your 1st “*Floating Buddhas Rite*.”

Preparation:

1. Sit comfortably on ground or floor, with back as straight as comfortable, in the “Loose Lotus” position
2. 3 “Krystar Breaths”
3. Elemental Orb Call “Command” *Ah-ShA'-ah NE'Ra- O'cha- Sa !!* repeat 3xs

PART-1: Calling the Sha-DA' Cloister

A. THE CALLING Command: Breathe normally and speak **THE CALLING Command** (out loud if possible) 3 times, then breathe gently while *waiting* for your 6 Sha-DA' Cloister members to “*Orb in*” and take their “*Hierophant Positions*” on the floor around you. Move to step B when you sense their arrival.

Ah ZhU' TUAh-VA' Cum-sa A'-Vo
Zha-Ta', A'-TU, Kei'-sa, Ah'-RA, KA'-Vo, SE-A'-Ta
A'-JhUn e-ThrA' TU-ah Neu-en'
CU-sa TA'-va Um-Shed'rah TE-SA Ha-VO

B. THE RAISING Command: Once your Sha-DA' Cloister has taken its position as “Orbs” on the floor / ground around you, observe as they create a “**circle of energy**” that runs through each member's Orb and surrounds you; this is the **Sha-DA' Shield**.

1. Inhale into your Karanadis Seal, hold, then Exhale, using the exhale breath to push a **6-point breath Horizontally outward from your Karanadis Seal**, sending a **streamer of “Living Water” energy** out to the Karanadis Seal of each of the 6 Cloister members.
2. Breathe normally and **repeatedly “Chant”** (out loud if possible) **THE RAISING Command**, and sense first that the “**Sha-DA' Shield**” **begins to “counter-spin”**, and next that it **begins to RISE upward**,

⁷ Ashayana deane. Upgraded Edonic Wedding Vows. April 14 2009. Online document accessed Feb 17 2013 from http://fl.grp.yahoofs.com/v1/jD0hUUODfaYroF9GHcOH7CG7PibZze8mriG_13bFwRADAhbSpshWanrQjjUMelHLOwUauMRYuky995tQsTBMciaVbg_SGr5z6F04EliOJ4S2F4-_YF3x/Up-Graded%20Edonic%20Weddings%20Vows/Upgraded%20Edonic%20Wedding%20Vow%20Proc.pdf

carrying the 6 Cloister-member Orbs with it.

E'-sta en-ta'-Ro DE-A'-SU NA-Va-Ro

3. Continue Chanting until you sense that the Sha-DA' Shield has risen directly up over your head. Observe that as the Sha-DA' Shield moves over your head, the 6 Cloister Members "**de-Orb**" and are now in their **bipedal form** sitting in the "**Loose Lotus**" position on their **Hierophant Points**. They have become the "**Floating Buddhas**."
4. Notice that the spin-speed of the counter-spinning Sha-DA' Shield progressively increases, and move to Step C

C. THE UNION Command:

1. Inhale into the Karanadis Seal, Hold, then Exhale forcefully upward, using the exhale to push a "Bilocate Self" vertically upward into the center point of the Sha-DA' Shield to "Become the 7th Buddha."
2. Hold for a moment at "bottom of exhale" then inhale and repeat the "**UNION**" Command 1 time only.

Ah'-TU Se-TA' UM

After completing this rite, you can imagine yourself in projection speaking with your buddhas, and collaborating with them on projects of your choice. Even if you get no audiotry contact, imagine yourself interacting the with buddhas on the shield disk, and see how they respond in your imagination. Eventually you will get a response, and be able to begin communication with the buddhas on a more profound and personal level.

One may also call in one of the 6 buddhas (after performing the full rite at least once) by repeating the opening mantra *Ah-ShA'-ah NE'Ra- O'cha- Sa* three times, then saying the calling tone of the individual buddha, as described above.

It should be noted that this is a brief version of the floating buddhas rite. The full rite is given, along with a clearing ans journey in FOL 2009 (http://www.azuritepress.com/products_us/fol_2009.php) and healing the wounds of time, which also contains the wonderful fetal integration journey (http://www.azuritepress.com/products_us/ebh.php). A textual version is available in sliders 8 (http://www.azuritepress.com/products_us/sld_8.php).

The Staah-LEi-yas technique:

This technique does two things. It calls in a group of beings called the Ah-Jhu-na or the gifting wizards, who are another set of personal guides.

This technique also begins activation of a type of orb, called a Jha-DA body. This orb is a projection vehicle, and over time and repeated activation, it brings our own physical body closer to be able to orb. This is referred to in this document as increasing the quotient of ShalAea light, that is increasing the amount of living, or ShalAea light, versus the amount of Shona, or dead light. We may not get to this point during this lifetime, but even so, when we make our transition, such orbiting training allows us to more easily move to a protected realm after death. In addition to this, such orb training permits us more easy projection (referred to in the document s slide 1-bilocation).

The technique is given in the upgraded edonic wedding rites in the file section of the ks yahoo group⁸. It is reproduced below for those not on the yahoo group. It should be noted that the full use of this

⁸ Ashayana deane. Upgraded Edonic Wedding Vows. April 14 2009. Online document accessed Feb 17 2013 from http://fl.grp.yahoofs.com/v1/jD0hUUODfaYroF9GHcOH7CG7PibZze8mriG_13bFwRADAhbSpshWanrQjjUMelHLOwUauMRYuky995tQsTBMCiaVbg_SGr5z6F04EliOJ4S2F4-_YF3x/Up-Graded%20Edonic%20Weddings%20Vows/Upgraded%20Edonic%20Wedding%20Vow%20Proc.pdf

technique, given in april 2009 and slider 4 (http://www.azuritepress.com/products_us/dtda.php
http://www.azuritepress.com/products_us/sld_4.php) requires a code. This code has not been provided publicly.

However an approximation of this technique can be done simply using intention. Simply imagine oneself having the codes, and proceed through the technique. This is not a full activation, but will provide an approximation of this activation until the codes can be acquired (I recommend sliders 4 personally).

The *Staah-LEi-yas* of Translocation Technique Activating your Jha-DhA Body for Aurora Continuum entry:

The *Staah-LEi-yas* are specialized Ah-VE'-yas-Elemental *Transcendental Gate-Co-ordinate Codes* used for access to the *Aurora Continuum* for Biological "Slide-2 Translocation" "Space-Time Travel".

1. Call in Your Cloister (6-Buddhas) from FOL'09 Technique, using the "**Calling Your Cloister For Informal Communication**" Section, with "**Elemental Orb Call Command**":
Ah-ShA'ah NERa- O'cha Sa! (x3)
2. Next Call in the **Ah-JhU-na' E-dO'-ni Ma-Sha-Ya** (the "Gifting Wizards") Adashi Elemental Command Councils from the Amenti Middle Earth Central Actuality Domain, using the "EDONIC CALL" Command, to open the Aurora Continuum for Jha-DhA' Body activation.

EDONIC CALL COMMAND

The **E-dO'-ni Ma-Sha-Yha Ah-JhU-na' Orb Call**

DO' e'TU' du-en-tA' E'-sha-Mour' Ah-DU'
Oh-A'-TE'-yah Co-en-TU'-jhen HO'en-Ra HO
BE'yah Ashj-wen' TU'-en-ta'-TA Ah-JhU-na' (3x)

3. Now, place your palms one on top of each of the 2 *Staah-LEi-Yas* Codes, Inhale the Codes up the arm chords, into the AzurA, the pull them down into the Karanadis Seal (near base of breast bone) at the top of the Inhale, and hold a moment as the two codes merge in the Karanadis, releasing an Ah-VE-Yas Spark. Exhale slowly, and notice as you exhale that a New Code, called a Sa-A'-Da (Ah-VE'-yas compound encryption code) emerges in 3 places on your body. One copy of the Sa-A'Da emerges as a sphere in each palm, and the third emerges from your Karanadis Seal, and expands to surround your entire body. Breathe gently. This begins activation of the **Transcendental Jha-DhA Body**. When your light quotient has reached **80% Sha-LA-ea** the large Jha-DhA Body "**Sa-A-Da ORB**" around you will enable you to "**Slide-2**" Translocate into the **Aurora Continuum** for Space-Time travel. Before this, your Sa-A-Da Orb will allow you to **Slide-1** Bi-location into the Transcendental Aurora Continuum for passage into the "**Seat of Edon**" ("Cockpit of Co-creation") within the **Amenti Middle Earth Actuality Dominion**. Continue breathing for several minutes, while consciously using each breath to amplify the "Living Water" Hydrolase currents flowing out of your Karanadis into the 3 Sa-A-Da Orbs.

Week	Techniques
Week 12 and ongoing	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily) One contact technique daily (one can choose from): Floating Buddhas Rite The Staah-LEi-yas technique (after floating buddhas) Flame Body technique 15 or 19 Projection techniques to destinations as desired Suggested Contact techniques from workshops Projection technique (sliders 4) Mirror contact technique (sliders 7)

At this point, the focus of this program shifts from techniques into personal guardian contact. This level of contact is personal and highly variable. Who one contacts, and to what purpose are completely upto you. You may contact aspects of yourself, such as your rishi or avatar. You may contact an eiyani, or Haah-tuur. You may discuss matters or work on various activities with your buddhas, or ahjunas. You may work on many issues with the alhumbrha you contacted in the august 2012 journey, or your Tantri A'ra friend (who happens to be a healing specialist) from the january 2012 journey. The sky truly is the limit.

In addition to the beings discussed so far, below are three lists of beings from other workshops whom we have engaged with contact with. They all are also very nice beings, and very good for conversation, teaching and advice.

The first beings mentioned are the Whas. They are adashi adepts who assist beings in either fall, step back, or kryst ascension systems. They are divided by gender and mission. They are listed below⁹:

Mission/Host/Shield	Female Wha	Male Wha
Adashi Adept level 3. KalE Krysta ascension path White/blue Shield	ShE Whas	HA Whas
Adashi Adept level 2. KalE Rama step back path, Green Shield	TA Whas	EUr Whas
Adashi Adept level 1, KalE DEma kryst fall path, Violet Shield	SA Whas	E-LA Whas

The next level of beings we will introduce is the Phims families. They were introduced in sliders 12-1. note however, that phims may be fallen, so if a contact feels off to you, or begins asking you to do something that feels wrong to you, or interacts with you in anything besides a respectful and impeccable way, you may be speaking with a fallen phim, or fallen other being.

The chart below gives thier phim name, sun number (please see part 1 of the document) kryst factor, and a brief physical description^{10 11}. It should be noted that any being who has run the august 2012

9 Ashayana Deane. **Sliders-7** - "The Lands of Wha: Mirror Mapping, the 3 Paths of the Kryst and the Wha-YÄ'-yas Masha-yah-hana Adashi Adepts. May 2010. Azurite Press: Sarasota Florida.
http://www.azuritepress.com/products_us/sld_7.php

10 EAsha Ashayana Deane. August 2012 Workshop. The Tan-Tri-Ahu-Ra Teachings-The Path of Bio-Spiritual Artistry(TM)" Treasures of the Tan-Tri-Ahu-Ra: Gate-Walkers Wave-Runners and Star-Riders of the Krystal River Host. 2012 ArhAyas Productions: Sarasota Florida.

11 EAsha Ashayana Deane. Sliders-12: Externalization of the Kryst; Secrets of the Tan'-Tri-A'jha. PART-1: The 7 Suns of Cos-MA'-yah, Keys of Aden, Budding of the Lotus Seed and Plasma Body Initiation. 2012. Azurite Press: Sarasota

journey can run sun 8 plasmas, and has the K+8 factor present, regardless of their phim family, or even whether or not they are a phim at all.

Phim name	Shield	Sun number	K-factor	Descriptions
Ora-phim	Violet	Amethyst-7	K+1	Tall winged elongated humans (mentioned extensively in Voyagers 2)
Psyto-phim	Violet	Indigo-6	K+2	Cat-Dolphins
Sala-phim	Violet/Green	?	?	?
ChA-Da-phim	Green	Green-5	K+3	Aethien Mantis (mentioned in voyagers)
Shilo-phim	Green	Blue/Green-4	K+4	Crystal Tree (budhallah)
Ra-jha-phim	White/Blue	Aqua-3	K+5	Air-water hydra
Reio-phim	White/blue	White-2	K+6	Winged hominad aquatic birds
RhAyas	White/Blue	Aqualeen-1	K+7	Winged hominid Manta Rays
ARhAyas	Stealth Shield	Stealth sun 8	K+8	?

Next is the most recent group of beings we have met. The Tan-Tri-Ahu-Ra. These beings are actually the name for a collective of beings within the alhumbra magistracy. These beings are the teachers of the Tan-Tri Arts. Each type of being is the specialized teacher of the art that shares thier name. They are disscussed below¹².

Level of Tan-Tri-Ahu-Ra	Special area of training
Tan-Tri-A'ma	Biospiritual self practice. Rituals, ethics and living krystically.
Tan-Tri-A'ra	Self Healing.
Tan-Tri-A'jha	Gate and Grid keeping.
Tan-Tri-LAyah	Ascension, Gate walking, wave running.

Interference:

Any discussion of contact must include a section on contact interference. Many workshops mention this issue, amoung them July 2002 (http://www.azuritepress.com/products_us/pc_1.php). Suffice to say, interference is a potential issue at any level no matter how protected a being is.

A number of strategies however can be used to minimize interference, or to minimize its impact

1. **Ask for help-** This is simple. If there are any Guardians you become particularly close to, ask for help when you are unsure of something.
2. **Stop and think-** When you get new or conflicting information, do not immediately accept it.

Florida. http://www.azuritepress.com/products_us/sld_12_1.php

12 EAsha Ashayana Deane. August 2012 Workshop. The Tan-Tri-Ahu-Ra Teachings-The Path of Bio-Spiritual Artistry(TM)" Treasures of the Tan-Tri-Ahu-Ra: Gate-Walkers Wave-Runners and Star-Riders of the Krystal River Host. 2012 ArhAyas Productions: Sarasota Florida.
EAsha Ashayana Deane. Peru 2012 workshop. ArhAyas Productions. Forthcoming
EAsha Ashayana Deane. December 2012 workshop. ArhAyas Productions. Forthcoming

Sit, think, and consider it. You can avoid judging its accuracy at all, and simply return to it at a later date.

3. **Feel the encryption:** Pay attention to how a given being, idea or communication makes you feel. After completing the above technique schedule, antikyrtic beings and messages should feel off to you. But alas, this isn't 100% certain.
4. **Project up to the DhA-Ya-TEi planes and confirm:** projection journeys are much less prone to interference, especially when projection to regions where falls do not occur, such as DhA-Ya-TEi planes and the aurora continuum (discussed below).

Projecting and Projection Techniques:

As discussed in part one and above, projection can be done easily simply by imagining oneself going to a place. This technique is still excellent and useful, however other techniques are available in several workshops to assist in projections.

The first of which is the projection technique found in sliders 4:

http://www.azuritepress.com/products_us/sld_4.php

The second of which is the creation of a prayer salon. This salon can be considered a kind of mobile projection home in which one creates an area (pod) in the DhA-Ya-TEi planes (sanctuary island to be precise) where one may keep a projection body permanently to receive healing and training. One may move this pod around with one to various locations during projections, and invite others to visit inside, and decorate it to one's liking. This pod technique is found in sliders 11:

http://www.azuritepress.com/products_us/sld_11.php.

Post 12 week program study

At this point you have completed the important activations from the 2000-2003 period as well as the essential activations from the period of 2003-2012. By completing these activations you've become a part of the group energy field of the people running kryptic frequency on the planet, or the Aquaferion Shield as it is termed.

Congratulations!!!!!!!!!!!!!!

With this achievement, you will receive all of the energetic activations that run through the shield from live workshops, and from the ongoing activations running through the shield. You will also assist the planet by running frequency through your own biofields into it. This will occur with or without your conscious participation, so it's not something you necessarily need to devote any attention to. But rest assured, it is happening.

At this point you have entered a more independent period of study within the teachings. From this place you can branch out to study many other topics. Some broader areas are described below, as well as a series of catch up workshops which will serve to provide the activations which will activate the areas, and provide corresponding catchup data.

Before we go into the recommended workshop sequence, a few words on important overall topics in the next levels of the work will be said here.

Rasha Body:

The Rasha Body is the template upon which the light body is constructed. It consists of a number of layers, the names of which are presented in part one of the tauren technique. The main journeys which activate the rasha body are “The Journey to the Eye of God” (Amsterdam 2007-highest priority) and the journeys from Feb 2007, April 2007, May 2007, and 12 tribes volume 1 and 2. Aside from these journeys the rasha body can be activated by the Ring and Span Tones found in the “24November2007TechSequence” in the file section of the yahoos group and from the admins.

They are run in the following way:

1. Begin by saying the upper name on the left (prefix). **Yamu**, then follow it by the first name on the column immediately to the right (suffix): **Yamu Nada Ta-Ur**.
2. Next say the same prefix (Yamu) followed by the next Suffix. **Yamu Adama Ma Jha**
3. Continue This way, when you reach the bottom of the suffix column, start on the next suffix column. You should proceed like this: **Yamu Nada Ta-Ur, Yamu Adama Ma Jha, Yamu Jha- fa Enaka, Yamu Dao Ra, YamU E'da Sha, Yamu Jhadala, Yamu Kathara, Yamu ArI a Ecka ra A Ra tha tha ka.....**
4. When finished repeat the process with the following prefixes: **Comu, Kamu, Shamu, ShAmu (shayy mu)**.

Another three LTRs are presented inside the “24November2007TechSequence” document. They are presented here also, even though they aren’t strictly concerned with the rasha body.

Dialup:

This technique is a rapid reactivation of the activations from kathara 1, flame body, and kathara 2-3. An extension available in the psonn manual extends this to kathara 4.

Command Tones of the Jeshua Code:

These tones are the tonal names of the organic stargates of the andromeda galaxy (the non-fallen, or at least less fallen origin of our milky way galaxy) and its twin galaxy, the AquAelle Galaxy. Chanting these names brings in the energies of these gates, and of these galaxies, and assists us in regaining our organic encryptions that we had in those galaxies.

One proceeds through this technique by starting in the left side, and chanting the names from 1-12. One then chants the names of the 4 density Jhaia suns from top to bottom. Next chant names 1-12 on the left column, and then the 4 Jhaia suns of the left column.

In the psonn book, there is a final section where after the above process, one can chant the azurA suns of these three systems.

Final two tones:

These two tones were given during the october 2005 workshop, and are the first sounds emitted in external creation. Those initial tones bring that undistorted original creation currents and intentions into our bodies.

24November2007TechSequence:

This entire sequence can be done as one technique run, which strengthens the remaining krystic portions of the shield of solomon (see part one of this document), and brings all of the benefits of the techniques discussed above to the practitioner.

Spirit body:

This is the part of the anatomy that births the rasha body, and is the ultimate carrier of identity. This body is activated and brought more fully online with the light, rasha and physical bodies with the journeys “Raising the Eiradonis” and “Journey to the halls of ReishaTA” both of which are included in the amsterdam dvds. Other workshops covering this body are september 2007, FOL 2008, And 12 tribes volume 2 and 3.

Plasma body:

This is the body acquired by a being as it does its adashi return. It can also be acquired via host. It is described in sliders 12-1, 12-2, 12-3, Aug 2012, Peru 2012, and Dec 2012. It is also activated by the free alhumbrha journey, and the Jan 3rd 2013 Journey.

Recommended Catch-up Workshop Sequence:

1. A very basic overview of the basic mechanics is provided by Kathara level one. It is an essential foundation for further study. Kathara 1, Calgary Presentation:
http://www.azuritepress.com/products_us/kps.php (note one can specifically request the kathara-1 manual with this workshop, it does help with understanding)
2. Kathara two contains the next level of techniques to activate the light body, and contains the next level of data, as well as an excellent catchup on merkaba mechanics, and the drama upto that point. Kathara 2-3: http://www.azuritepress.com/products_us/K_2_3.php
3. Kathara 4 contains the next level of activation of the light body, and also contains all the activations done between Kathara 2-3 and Kathara 4. It also contains the beginning activations for the Rasha Body. Kathara 4: http://www.azuritepress.com/products_us/ka4_1.php
4. Amstredam 2007 offers information about the creation of the light, sprit, rasha bodies, the halls of records, and techniques for activating the rasha and spirit bodies, as well as a journey to the universal reishaic hall of records. Amsterdam: http://www.azuritepress.com/products_us/gls.php
5. Sliders 8 offers the most recent catch up workshop. If you bought one workshop, this should be it. It covers the work from the beginning to 2010, and is specifically designed to follow the project camelot interviews. It also offers a chance to accept an apprenticeship commission with the AhyaRu , the beings in charge of this local Cosmos. Also preliminary activation of Ah-ya and Ah-YA plasmas. Sliders 8: http://www.azuritepress.com/products_us/sld_8.php
6. Psonn book. This book contains listing of most of the psonns upto 2008. It is very inexpensive, and well worth the price http://www.azuritepress.com/products_us/psonn_book.php
7. Voyagers volume 1 and 2: Incomplete, but still very valuable historical records of the taran rescure mission, and the breaking of the treaty of altair in 2000 and very affordable.
http://www.azuritepress.com/products_us/vv_1_b.php
http://www.azuritepress.com/products_us/vv_2_b.php
8. The real christmas story. Also incomplete, but still very good info about the seeding of the Veca codes on the planet, and how this relates to the birth of J-12.
http://www.azuritepress.com/products_us/chr_hb.php

Twelve tribes:

This series of workshops was transcribed, and the key diagrams provided along with recordings of the journeys. Very good and informative read, although somewhat choppy due to being unedited

transcriptions: http://www.azuritepress.com/products_us/12tribes_vol1.php

http://www.azuritepress.com/products_us/12tribes_vol2.php

http://www.azuritepress.com/products_us/12tribes_vol3.php

Failsafe related Workshops:

The following workshops cover the data relating to the recently activated failsafe. Very important info and the highest priority after sliders 8.

Sliders 11: http://www.azuritepress.com/products_us/sld_11.php

Sliders 12-1: http://www.azuritepress.com/products_us/sld_12_1.php

Sliders 12-2: http://www.azuritepress.com/products_us/sld_12_2.php

Sliders 12-3: not expected to be released, One section: <http://www.al-hum-bhra.com/May2012/>

Aug 2012: release forthcoming

Peru 2012: release forthcoming

Dec 2012: release forthcoming

Other topics: Overview of creation sequence: http://www.azuritepress.com/products_us/tsg.php

Overview of adashi return: http://www.azuritepress.com/products_us/fol_2008.php

Summary Charts:

Week	Techniques
Week 1	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Maharic seal (twice per day, morning and night) Once: Alhumbrha Journey (Aug 2012) Emerald and Amethyst awakening Cue Zone activation At least once: Eckasha God seed induction Optional: Astral body seal
Week 2	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Maharic seal (twice per day, morning and night) High Veca code induction Once: High Veca code body induction (after 7 days of high veca induction) Iahaia code induction Lahaia and Urimanu code inductions
Week 3	Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer)- in morning Eckasha quick seal (evening) Activating the lotus seed

	<p>Once: Amoraëa buffer long version (Ideally done on first day of week 3) Begin working through Flame body sequence 2-7 (must be done in order) Azurite waters journey</p> <p>Optional: Le-Teu-A Lens</p> <p>Discontinue: High veca code induction, Maharic seal.</p>
Week 4	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraëa buffer (insta buffer) Activating the lotus seed- move to twice daily Daily singing/speaking of psonns/ltrs: Flame body techniques 9, 10, 11, 12B</p> <p>Once: Amoraëa buffer long version- ideally on day 1 of week 4 Finish working through Flame body sequence 2-7 Shadow Body Healing: Flame body techniques 13 and 14</p> <p>Optional: Le-Teu-A Lens</p> <p>Discontinue: Eckasha quick seal</p>
Week 5	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraëa buffer (insta buffer) ManA lotus breath- twice daily</p> <p>Once: Amoraëa buffer long version + Shadow body healing- ideally on day 1 Flame body code inductions: 12A, 16, 17, 20 Flame body technique-15- amoraëa contact platform Flame body technique withness quiz Flame Body technique 19- opening ecka contact lines Flame body self reflection technique 18- Betcha Hova scan</p> <p>Discontinue: Activating the lotus bud (now contained within ManA lotus breath)</p>
Week 6	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraëa buffer (insta buffer) EirA lotus breath (do ManA immediately before) Golden fleece LTR Grid</p> <p>Once: Amoraëa buffer long version + Shadow body healing- ideally on day 1 Arc of the covenant code inductions Heliotography code inductions</p> <p>Discontinue: ManA lotus breaths- now included before EirA lotus breaths</p>
Week 7	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraëa buffer (insta buffer) ManU lotus breath (do ManA and EirA immediately before)</p> <p>Once: Amoraëa buffer long version + Shadow body healing- ideally on day 1 Anchoring the Mahadrha Adhrana (must be done in order) Induction of the Mahadrha code Part A Part B Part C Part D Part E</p>

	Discontinue: EirA lotus breaths- now included before ManU lotus breaths
Week 8	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer) ManU lotus breath- twice daily (do ManA and EirA immediately before)</p> <p>Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Activating the Universal Christiac Vision Seed Ecka Master key code coloring and inductions</p> <p>Discontinue: EirA lotus breaths- now included before ManU lotus breaths</p>
Week 9	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Amoraea buffer (insta buffer)</p> <p>Once: Amoraea buffer long version + Shadow body healing- ideally on day 1 Tauren activation part 1 Tauren activation part 2</p> <p>Discontinue: ManU lotus breaths</p>
Week 10	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily)</p> <p>Once: Jan 3 2012 Journey</p> <p>Discontinue: Amoraea buffer</p>
Week 11	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily) Floating Buddhas Rite The Staah-LEi-yas technique (after floating buddhas)</p>
Week 12 and ongoing	<p>Daily: Alhumbrha journey quick version (twice per day, morning and night) Krystal River prayer (with alhumbrha additions) + psonn of aurora (x3) Mashayahana adult baptism (twice daily) One contact technique daily (one can choose from): Floating Buddhas Rite The Staah-LEi-yas technique (after floating buddhas) Flame Body technique 15 or 19 Projection techniques to destinations as desired</p> <p>Suggested Contact techniques from workshops Projection technique (sliders 4) Mirror contact technique (sliders 7)</p>